



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### SMASH BURGERS

**Time: 10 minutes (plus preheating time)**

**Serves: 4**

#### **Ingredients:**

450g regular ground beef (preferably grass-fed)  
4g kosher salt

#### **Preparation:**

Preheat a Baking Steel, griddle or heavy cast pan on high heat on an outdoor gas grill or stovetop.

Use your hands to combine the beef and salt.

Shape into four equal balls.

Place the balls on the cooking surface, squishing flat with a spatula.

Cook for 90 seconds and turn, squishing again. Cook for an additional 90 seconds.

Remove from heat and serve immediately.

#### **Nutritional Information Per Serving:**

Calories: 202  
Fat: 13g  
Carbs: 0g  
Fibre: 0g  
Protein: 20g